Articles on Gratitude

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Find the Beauty

There is so much beauty in the simple things.
There is so much beauty in the mundane.
There is so much beauty in our surroundings.
There is so much beauty in our environments.
There is so much beauty in our lives.
But will we ever realize it?
Will we recognize it before the beauty ends?
Don’t miss the beauty all of your life.
Find the beauty in everything.

Practicing Daily Gratitude Will

- Improve your mood
- Help you maintain a healthy perspective on life
- Decrease negative thinking
- Decrease the frequency of negative emotions
- Improve your relationships
- Help you eliminate unproductive relationships
- Decrease your desire for unnecessary things
- Help you relish life more
- Make your days more productive
- Give your life more meaning and purpose
- Decrease stress levels
- Improve how you handle tribulation
- Make you mentally, emotionally, physically, and spiritually stronger and healthier

Difficult Circumstances Call for Gratitude

Everyone has experienced situations that they wish they were not facing. During these times, we may feel uncertain, anxious, or hopeless.
Yet, even in darkness, there is light on the other side of the situation we face.

Take moments to breathe, feel gratitude, and understand that you control your response. Feel the warmth of the sun amid the storm. It’s not always easy, but expressing gratitude protects your mind from despair and keeps you centered when life feels chaotic.

Give. Give. Give. Give. Give.

No matter where you are or who you are, you have something to give. It may be tangible or intangible, but it matters. What feels small to you may mean the world to someone else.

Opportunities to give are always present. Help others quietly, sincerely, and creatively. Giving doesn't have to be monetary—there are endless ways to give without spending a dime.

Reflect on Your Journey with Gratitude

Be grateful for everyone who supported you along the way, and be grateful to yourself for your resilience and perseverance. Reflect on the highs, the lows, and everything in between.

Gratitude keeps us humble and grounded. It reminds us of how far we've come and helps us honor those who walked with us on our journey.

Focus on the Outcome You Desire

When you receive something good, don't let fear of losing it dominate your thoughts. You were good enough to receive it—so you're good enough to keep it.

Release negative thinking. Let the good stay. Appreciate the blessings in your life and know that you are worthy of every single one.

Simple Things

Sometimes the simple feelings are the most beautiful.
The excitement might not be seen,
But the joy within is pure and clean.
Leave the old and come into the new.
I'm blessed, but I'm not brand new.
I'm thankful—for the tears, the pain, the blue.
I was there for it, and you knew.
But now it's you I'm most thankful for.
You lead the way.

The Key Is Gratitude

The problems we face daily are often small compared to what could be. Gratitude reminds us to appreciate what we have before it’s gone.

Be grateful for the simple, small, and ordinary things—they are often the biggest blessings once we realize their value.

Give a Little. Give a Lot.

Give to help others, and give to nurture yourself. But never give so much that it harms your peace or balance. True giving should bring joy, not exhaustion.

Breathe, Pause, and Remember

Much of our stress comes from forgetting to pause, take a breath, and remember that most of what worries us isn’t worth it.

Joy in the Simple

Take time to find joy in life's simple things. Happiness is hidden in small moments—the laugh of a loved one, the beauty of the moon, the sound of rain, or the smell of morning grass.

Appreciate these, and you'll discover joy was always with you.